More cold weather on the way

9 December 2012 - After a brief respite from the cold weather this weekend, Met Office forecasters are predicting a return to cold conditions from the northeast for the coming week.

On Monday we expect to see the first signs of colder weather returning once again, as the wind starts to blow from the northeast, bringing some showers to the east coast. From Tuesday it's going to be much colder everywhere.

Eddy Carroll, Met Office Chief Forecaster, said: "After a brief milder spell this weekend we are expecting a return to the cold conditions we saw last week. Although there will be some wintry showers in the east, most places will stay dry.

With temperatures falling well below freezing at night, the formation of ice could lead to some treacherous conditions and possible disruption to travel."

Met Office Cold Weather Alerts have been issued for the whole of England as the forecast weather could increase the health risks to vulnerable people.

Information and advice on how people can prepare for the cold weather can be found on the 'Get Ready for Winter' section of our website.

Public Health Minister Anna Soubry, said: "It's really important people look after themselves and be good neighbours to older friends in the cold weather. In the winter older people and those with long term conditions are more likely to suffer heart attacks and strokes, respiratory illnesses can get worse, and there is the risk of falls on slippery ground.

"We have given £20 million to local authorities to help vulnerable people stay well during cold weather and get the help they need within their communities. And we urge anyone with a long-term condition to get a free flu jab from their GP.

"The NHS is well prepared for an increase in winter related health problems which are typical at this time of year. Preparations are made across the NHS annually and these are now in place in every area of England."

The latest forecasts and warnings can be found on the Met Office website, on our mobile apps, and through TV and radio broadcasts on the BBC and ITV.

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